

Day 1

1. Treadmill - 3.5 minutes (Speed 3, Incline 3)
2. Treadmill - 3.5 minutes (Speed 3.5, Incline 5)
3. Break - 1.5 minutes
4. Elliptical - 3.5 minutes (Resistance 3)
5. Elliptical - 3.5 minutes (Resistance 5)
6. High Bike - 3.5 minutes (Resistance 3)
7. High Bike - 3.5 minutes (Resistance 5)
8. Break - 2 minutes
9. Low Bike - 3.5 minutes (Resistance 3)
10. Low Bike - 3.5 minutes (Resistance 5)
11. Break - 1.5 minutes
12. Stair Stepper - 3.5 minutes (Speed 2)
13. Stair Stepper - 3.5 minutes (Speed 3)

Day 2:

1. 15 Minutes on Treadmill
2. On a comfortable weight for you, do 4 reps of 8 on the compound row for about a minute.
3. Lat pulldown 4 reps of 8 (1 1/2 minutes)
4. Overhead press 4 reps of 7 (2 minutes)
5. Vertical chest 4 reps of 7 (2 minutes)
6. Preacher curl, 4 reps of 8 (2 minutes)
7. Gravitron 2 minutes of chin ups
8. Gravitron 2 minute of dips
9. Yellow Medicine Ball, 1 minute right hand lift up like shooting a basketball
10. Yellow Medicine Ball, 1 minute left hand life up like shooting a basketball
11. Yellow Medicine Ball, 1 minute both hands lifting upward.

Day 3:

1. Elliptical - 10 minutes (Resistance 5)
2. Break - 2 minutes
3. Leg Press - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
4. Prone Leg Curl - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
5. Leg Extension - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
6. Break - 2 minutes
7. Hip Abduction - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
8. Hip Adduction - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
9. Leg Press - Use appropriate weight, do 8 sets of 8 reps (2 minutes)
10. Glute Isolator - Use appropriate weight, do 8 reps of 8 (2 minutes)
11. Elliptical - 10 minutes (Resistance 3)
- 12.

Day 4:

1. 15 minutes on Elliptical with 5 units of resistance.
2. One minute water break.
3. Run through the agility ladder and bunny hop over the colored hurdles for a minute.
4. Run through the agility ladder by putting one foot in the ladder and one foot out. Alternate right and left feet for each square and hop on right foot over the hurdles. Continue for a minute.
5. Run through the agility ladder by putting one foot in the ladder and one foot out. Alternate right and left feet for each square and hop on left foot over the hurdles. Continue for a minute.
6. Do push ups on the right side of the agility ladder by moving hands over one square each push up and hop on right foot over the hurdles. Continue for a minute.
7. Do push ups on the left side of the agility ladder by moving hands over one square each push up and do frog hops over the hurdles for a minute.
8. 1 minute water break.
9. Jump Squats for 30 seconds.
10. Mountain Climbers 30 seconds.
11. Squats for 30 seconds.
12. Jumping jacks for one minute.
13. Crunches, elbows to knees. 30 seconds.
14. 2 minute break- DRINK SOME WATER.
15. Plank Push ups for 30 seconds.



a.

16. Straight sit ups. (elbows forward, not elbows to knees.)
17. Normal plank on forearms for 30 seconds.



a.

18. Left side plank for 30 seconds. (left hand on floor, right hand up.)



a.

19. Right side plank for 30 seconds (right hand on floor, left hand up.)



20.

21. Normal plank on hand for 30 seconds.

22. 10 minutes on elliptical. No resistance. (cool down)